



North Potomac Senior Center

JULY 2022 - 55+ PROGRAMS

Programs Subject to Change Without Notice. Call Center to confirm.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>REGISTRATION REQUIRED FOR ALL 55+ PROGRAMS AND CLASSES</p> <p>Early Voting at North Potomac Senior Center from July 7 to July 19, 2022. Your program or class may be rescheduled, cancelled, or in a different room.</p> <p>Classes and programs can be subject to change. Please call the Center at 240-773-4805 to confirm the status of a program or class.</p> <p>If you live within five miles of North Potomac Senior Center, call 240-773-4805 for information on the FREE JCA bus transportation to/from the Senior Center.</p> <p>To join the Senior Nutrition Lunch Program (SNP) at North Potomac Senior Center, call Hsiying Jean Wang, Nutrition Site Manager at 240-773-4805 or email her at hsying.wang@montgomerycountymd.gov for information, an application, and current menu.</p>			<p>All participants must register for programs and classes on ActiveMontgomery.</p> <p>Need help with how to register?</p> <p>Sign up for an ActiveMontgomery Registration class.</p> <p><i>Classes taught in Mandarin and English.</i></p>	<p>1</p> <p>9:30 Lobby Games 10:45 Zumba Video 11:30 SNP Lunch Program 12:30 International Folk Dance Instruction 2:00 Karaoke</p>
<p>4</p> <p>Center Closed Independence Day Holiday</p> <p>HAPPY FOURTH OF JULY</p>	<p>5</p> <p>9:30 ActiveMontgomery Registration Class w/Lance in Mandarin (Bring your device) 10:00 Yoga for Vitality (Fee) 10:15 Zumba Video 10:30 Basic Japanese with Prof. Em. Oh 10:45 Bone Builders Class 11:30 SNP Lunch Program 12:30 Mind Exercises with Lance 1:00 Knit & Crochet Group 2:30 Linying's Classical Chinese Folk Dance</p>	<p>6</p> <p>9:30 JCA Bus Outing to Butlers Orchard (register by 7/5) 9:30 Hula Hoop Fun 10:15 Zumba Video 10:30 Chinese Folk Dance with Ming 10:45 Bone Builders Class 11:30 SNP Lunch Program 1:00 Senior Fit 12:00 Intl Ballroom Practice 1:30 Persian Dance Workout</p>	<p>7</p> <p>10:00 Yoga for Vitality (Fee) 10:15 Zumba Video 10:30 Coffee and Current Events with Lyle 10:45 Bone Builders Class 11:30 SNP Lunch Program 1:00 Paint and Sip 1:00 Dance for Posture (Mandarin)</p>	<p>8</p> <p>9:30 Lobby Games 10:45 Zumba Video 11:30 SNP Lunch Program 12:30 International Folk Dance Instruction 1:00 One on One Tech Connect with TeenWorks (Bring your device) 2:00 Karaoke</p>



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11 10:15 Zumba Video 10:45 Bone Builders Class 11:30 Bring Your Lunch Social with Jai Ho Group 11:30 SNP Lunch Program 1:00 Senior Fit 1:30 Karaoke	12 9:30 ActiveMontgomery Registration Class w/Lance in Mandarin (Bring your device) 10:00 Yoga for Vitality (Fee) 10:15 Zumba Video 10:30 Basic Japanese with Prof. Em. Oh 10:45 Bone Builders Class 11:30 SNP Lunch Program 1:00 Knit & Crochet Group 1:30 Afternoon Latin Dance Workout 2:30 Linying's Classical Chinese Folk Dance	13 9:30 Hula Hoop Fun 10:15 Zumba Video 10:30 Chinese Folk Dance with Ming 10:45 Bone Builders Class 11:30 SNP Lunch Program 1:00 Senior Fit 1:00 GO Board Game with Lance 12:00 Intl Ballroom Practice 1:30 Persian Dance Workout	14 9:30 Basic Conversational English for Mandarin Speakers 10:00 Yoga for Vitality (Fee) 10:15 Zumba Video 10:30 Coffee and Current Events with Lyle 10:45 Bone Builders Class 11:30 SNP Lunch Program 1:00 Paint and Sip 1:00 ActiveMontgomery Registration Class with TeenWorks in English (Bring your Device) 1:00 Dance for Posture (Mandarin)	15 9:30 Lobby Games 10:45 Zumba Video 11:30 SNP Lunch Program 12:30 International Folk Dance Instruction 1:00 One on One Tech Connect with TeenWorks (Bring your device) 2:00 Karaoke
18 10:15 Zumba Video 10:45 Bone Builders Class 11:30 Bring Your Lunch Social with Jai Ho Group 11:30 SNP Lunch Program 1:00 Senior Fit 1:30 Karaoke	19 9:30 ActiveMontgomery Registration Class w/Lance in Mandarin (Bring your device) 10:00 Yoga for Vitality (Fee) 10:15 Zumba Video 10:30 Basic Japanese with Prof. Em. Oh 10:45 Bone Builders Class 11:30 SNP Lunch Program 12:30 Mind Exercises 1:00 Knit & Crochet Group 1:30 Afternoon Latin Dance Workout 2:30 Linying's Classical Chinese Folk Dance 6:30 Scale Modeling Group	20 9:30 Hula Hoop Fun 10:15 Zumba Video 10:30 Chinese Folk Dance with Ming 10:45 Bone Builders Class 11:00 Mindfulness and Meditation 11:30 SNP Lunch Program 1:00 Senior Fit 1:00 GO Board Game with Lance 1:00 Int'l Ballroom Dance 1:30 Persian Dance Workout	21 9:30 Basic Conversational English for Mandarin Speakers 10:00 Yoga for Vitality (Fee) 10:15 Zumba Video 10:30 Coffee and Current Events with Lyle 10:45 Bone Builders Class 11:30 SNP Lunch Program 12:15 Paint and Sip 1:00 ActiveMontgomery Registration Class with TeenWorks in English (Bring your Device) 1:00 Dance for Posture (Mandarin)	22 9:30 Lobby Games 10:30 Simple Healthy Cooking w/Rhonda, RD (Fee) 10:45 Zumba Video 11:30 SNP Lunch Program 12:30 International Folk Dance Instruction 1:00 One on One Tech Connect with TeenWorks (Bring your device) 2:00 Karaoke

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25	26	27	28	29
9:30 Mat Pilates Demo with Sylvia (bring mat and large towel) 10:15 Zumba Video 10:45 Bone Builders 11:30 Bring Your Lunch Social with Jai Ho Group 11:30 SNP Lunch Program 1:00 Senior Fit 1:30 Karaoke	9:30 ActiveMontgomery Registration Class w/Lance in Mandarin (Bring your device) 10:00 Yoga for Vitality (Fee) 10:15 Zumba Video 10:30 Basic Japanese with Prof. Em. Oh 10:45 Bone Builders 11:30 SNP Lunch Program 12:30 Mind Exercises 1:00 Knit & Crochet Group 1:30 Afternoon Latin Dance Workout 2:30 Linying's Classical Chinese Folk Dance	9:30 JCA Bus Outing to Brookside Gardens (register by 7/26) 9:30 Hula Hoop Fun 10:15 Zumba Video 10:30 Chinese Folk Dance with Ming 10:45 Bone Builders 11:00 Mindfulness and Meditation 11:30 SNP Lunch Program 1:00 Senior Fit 1:00 GO Board Game with Lance 1:00 Int'l Ballroom Dance 1:30 Persian Dance Workout	9:30 Basic Conversational English for Mandarin Speakers 10:00 Yoga for Vitality (Fee) 10:15 Zumba Video 10:30 Current Events—"Mother of Modern Medicine" with Jay Choudhry 10:45 Bone Builders 11:30 SNP Lunch Program 12:15 Paint and Sip 1:00 ActiveMontgomery Registration Class with TeenWorks in English (Bring your Device) 1:00 Dance for Posture (Mandarin)	9:30 Lobby Games 10:45 Zumba Video 10:45 Bone Builders 11:30 SNP Lunch Program 12:30 International Folk Dance Instruction 1:00 One on One Tech Connect with TeenWorks (Bring your device) 2:00 Karaoke

OPEN GYM SCHEDULE

Paid Membership Required

Monday 9am to Noon—Pickleball (Main)

Tuesday 9am to Noon—Volleyball (Main)

Wednesday 9am to Noon—Basketball (Main)

Wednesday 9:30am to Noon—Table Tennis (Aux)

Thursday 9am to Noon—Badminton (Main)

Call Recreation Center at 240-773-4800 to confirm schedule. Need a membership? See front desk staff for Free or Paid member application.

INDEPENDENCE DAY CELEBRATIONS FREE EVENTS
FIREWORKS AT 9:15 P.M. *

MID-COUNTY SPARKLES
SATURDAY, JULY 2
6 P.M. LIVE MUSIC
ALBERT EINSTEIN HIGH SCHOOL
11135 NEWPORT MILL ROAD
KENSINGTON
ONLY HANDICAP PARKING IS AVAILABLE AT EINSTEIN HIGH SCHOOL.
RIDE ON SHUTTLE SERVICE IS AVAILABLE FROM WESTFIELD WHEATON
STARTING AT 5:30 P.M.

GERMANTOWN GLORY
MONDAY, JULY 4
7 P.M. LIVE MUSIC
SOUTH GERMANTOWN RECREATIONAL PARK
18041 CENTRAL PARK CIRCLE
BOYDS
ON-SITE PARKING AVAILABLE.

NO ALCOHOL OR PETS ARE PERMITTED.
*TIME IS APPROXIMATE AND MAY CHANGE DUE TO WEATHER.